



The President's Challenge
Physical Activity & Fitness Awards Program
2005-2006



This is **Your**
Life!

You're it.
Get fit!





THE WHITE HOUSE
WASHINGTON

May 31, 2005

I send greetings to those participating in the President's Challenge Physical Activity and Fitness Awards Program. All Americans are grateful for your commitment to ensuring that our nation's youth make healthy choices and stay physically active.

Health and fitness are personal responsibilities for our citizens and important national goals. By eating right and exercising regularly, our youth will lead longer and happier lives. Exercise and good eating habits help children grow to become healthy adults and avoid the harmful effects of obesity and diseases such as diabetes, asthma, and heart disease. Athletic activities also teach young people important life lessons and help them prepare for the opportunities ahead.

I appreciate your hard work and dedication in promoting good physical fitness to our nation's youth. Your efforts help our future generations commit to healthy lifestyles and contribute to a culture of well-being in America.

Laura and I send our best wishes.



Message to Educators and Community Leaders from
**THE PRESIDENT'S COUNCIL
ON PHYSICAL FITNESS AND SPORTS**

Greetings from the President's Council on Physical Fitness and Sports! This is an exciting time for the President's Council. We are celebrating our 50th anniversary in 2006, as well as marking the 10th anniversary of the Surgeon General's Report on Physical Activity and Health. We have come a long way since our beginnings in 1956. Many changes and new developments have taken place including the ongoing growth of the President's Challenge program.

Encouraging our young children to be active is critically important. We know the benefits of physical activity on our minds, bodies, and spirits. We commend all of you who are helping children develop the skills and knowledge that will enable them to maintain active lifestyles into adulthood.

It is our hope that the President's Challenge Physical Activity and Fitness Awards Program continues to support you in motivating and teaching your students. Because you are role models, we hope that you also pledge to be regularly active and earn a Presidential Active Lifestyle or Presidential Champions Award.

Thank you for joining us in our 50-year anniversary celebration. You serve an integral role in promoting physical activity and fitness to our nation's youth, and we deeply appreciate your commitment. While we celebrate our past and look to the future, we applaud and salute you for making a difference in the lives of children across the country.

Sincerely,

Melissa Johnson, M.S.
Executive Director



HUBERT H. HUMPHREY BUILDING

ROOM 738 H • 280 INDEPENDENCE AVENUE, SW • WASHINGTON, D.C. 20301

PHONE: 202-698-9880 FAX: 202-698-5211

How to Order

To order online

Visit www.presidentschallenge.org to place orders 24 hours a day, year-round. Allow 18 calendar days for delivery from the time you place your order.

You can contact us via e-mail at preschal@indiana.edu.

To order by mail

Fill out the enclosed order form and send to the address below. Please do not send cash. Allow 18 calendar days for delivery from the time we receive your order.

The President's Challenge
501 N. Morton, Suite 203
Bloomington, IN 47404

To order by phone

Call 1-800-258-8146 to place an order or ask questions. Our toll-free line is open 8 a.m. to 5 p.m., Monday through Friday (Indianapolis, Indiana Time). You'll need a credit card or institutional purchase order for phone orders.

To order by fax

Fill out the enclosed order form and fax it to 1-812-855-8999, 24 hours a day. You'll need a credit card for fax orders, along with a phone number or e-mail address where you can be reached. Allow 18 days for delivery from the time we receive your order.

Shipping policy

We will send orders over \$5 inside the U.S. by FedEx Ground. All other orders will be sent by the U.S. Postal Service. Please note we cannot send FedEx orders to post office box addresses. When you receive your order, please check it carefully. If your order is incomplete, please contact the program office immediately. We do not allow refunds, exchanges, or returns, but we will exchange certificates in the event of a change in administration at no cost.

Rush orders

For an extra charge, we can guarantee delivery of your order within 4 business days. To place a rush order, just add 25% of the subtotal or \$25 (whichever is greater) to your subtotal. We'll send your order by FedEx Express Two Day Air or FedEx Ground if the destination is within the 2-day delivery zone. Sorry, we cannot accept international rush orders.

If you're under 18:

When you've earned an award, sign your name to confirm your activities for each week and have a supervising adult sign to verify your activities.

If you're taking the Challenge through your school or a youth organization:

Your instructor will order awards for everyone in your class. If you're taking the Challenge with family or a group of friends, you'll need an adult to order awards for you.



Check out our DVD



Want a fun way to learn all about the President's Challenge?

Order a copy of our DVD, which takes you to Challenge, USA — a place where staying active is part of everyday life. With the DVD, you can learn how to:

- Sign up for the President's Challenge
- Use the President's Challenge Web site
- Keep track of your activities
- Earn awards
- Create groups to take the Challenge together
- Recognize schools that promote physical fitness
- Find test tips and online tools for instructors

To order your copy, use the order form on the opposite page, visit www.presidentschallenge.org, or call 1-800-258-8146. The DVD is free; please add \$5 per DVD for shipping and handling.



Stay Informed

This booklet is provided free to all educators to help them administer the President's Challenge. We encourage the reproduction and distribution of this information. Additional materials for individuals participating only in the Presidential Active Lifestyle Award program or Presidential Champions Award program are available separately. All of this material, and more, can be found on the President's Challenge Web site at www.presidentschallenge.org. It's your life ... You're It, Get Fit!



The President's Challenge

Physical Activity and Fitness Awards Program

www.presidentschallenge.org

501 N. Morton, Suite 203
Bloomington, IN 47404

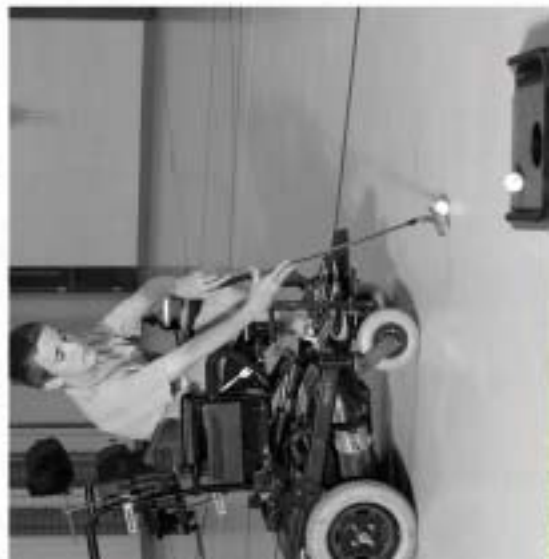
1-800-258-8146

41-462-20

The President's Challenge

is a program of the President's Council
on Physical Fitness and Sports.

U.S. Department of Health and Human Services



This is **Your Life.** (You choose the activity)



You've only got one chance, better make the most of it. Physical activity and fitness are an essential part of making your life more healthy and enjoyable. The President's Council on Physical Fitness and Sports (PCPFS) offers the President's Challenge as a way to motivate people of all ages to become more physically active and fit.

Through the Active Lifestyle program Americans at all ability levels can earn presidential recognition for simply being active. Whether it's walking the dog, bicycling with your family, or taking an aerobics class at the gym, all types of activities count. The Presidential Champions program will continue to motivate by challenging everyone to earn Bronze, Silver, and Gold awards. Everyone can be a champion! EveryBODY is a winner!

Students can continue to be recognized by performing either the Physical Fitness or Health Fitness tests. These assessment tools help educators motivate their students to become more physically fit and achieve a healthy level of fitness.

Whatever program you choose—this is your life.

**You're it.
Get fit!**

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The Challenge

Since its inception, the President's Challenge has helped motivate millions of Americans each year. We offer a wide range of programs designed to make staying active simple and fun for individuals, able and disabled.

Why is staying active important?

Because your well-being depends on it. You'll feel better and look better, every day.

When you make staying active part of your daily life, you have more energy. You're more alert. You do better at school or work. And you're more sure of yourself.

Fitness is about improving muscular strength and endurance, cardiorespiratory endurance, and flexibility through regular physical activity. This includes things like cleaning the garage, lifting, and carrying groceries.

Remember, it's never too late to be more active. The time to begin is right now. You'll start to notice the difference right away — for both your mind and your body. So walk the dog and ride your bike, alone or with friends and family. You have one life, so make the most of it — take the Challenge.

Active Lifestyle Program

This program gets adults active at least 30 minutes a day/5 days per week, for a total of 6 weeks — or at least 60 minutes per day for youth under 18.

Presidential Champions Program

If you're already active (more than 30 minutes a day/5 days per week for adults, or more than 60 minutes a day for youth under 18) this program is for you. Strive to reach the Bronze, Silver, and Gold Award levels of the President's Challenge Program.



Nancy and daughter Cindy fix a healthy snack. From eating a healthy breakfast to staying active, what counts is making good choices. Pick the fruit over the pastry, the stairs over the elevator, and outside activities over the couch.

My Life...

Key Recommendations

- Engage in regular physical activity to promote health, psychological well-being, and a healthy body weight.
- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.

Based upon the 2005 *Dietary Guidelines*, the USDA has also launched the MyPyramid Food Guidance System. MyPyramid provides Web-based interactive and print materials for consumers and professionals. Individual Pyramids can be produced based on your age, sex, and activity level. Go to www.mypyramid.gov to tailor your pyramid to suit your life.

- Make smart choices from every food group
- Find your balance between food and physical activity
- Get the most nutrition out of your calories

Visit the MyPyramid and Dietary Guidelines Web sites for a detailed assessment of your food intake and physical activity level:

- www.mypyramid.gov
- www.healthierus.gov/dietaryguidelines/index.html



The Active Lifestyle Program



The Active Lifestyle Program is designed to help you make a commitment to staying active and sticking to it. It helps adults get active at least 30 minutes a day/5 days per week (or at least 60 minutes a day for youth under 18). This is your life...get and stay active every day.

1. Choose an activity.

You can take the Challenge by yourself, or together with friends and family. Choose activities that you enjoy and make you feel good. For example, it could be walking, taking an exercise class, playing a sport, or doing chores around the house.

2. Get active.

You need to meet your daily activity goal (30 minutes a day for adults; 60 minutes a day for youth under 18) at least 5 days per week, for a total of 6 weeks. You can take up to 8 weeks to complete the program.

3. Track your activity.

Our online activity log makes it easy for you to track the time you spend on activities. You can log your time as often as you want, in increments as short as 5 minutes. Visit www.presidentschallenge.org. You can also keep track of your progress on paper with the enclosed activity log form. Keep in mind that this means we won't have an online record of the activity points you earn — which could apply to the Presidential Champions Program.

4. Earn your award.

Whenever you reach your goal, the Active Lifestyle Program recognizes your accomplishment with special awards. Awards are available online, by mail, fax, or phone. You can then continue earning awards in the Active Lifestyle Program or move on to the next challenge: the Presidential Champions Program.



Choose a variety of activities to make life interesting. Aaron and Spencer both enjoy golf and tennis.



Measure Your Walk or Run Each Day

Using a pedometer

If you like to run or walk, you can use a pedometer – a small device that automatically counts the number of steps you take. Then just record the number of steps in your activity log.

If you want to log minutes one day and pedometer steps the next, that's okay, as long as you meet your daily activity goal of minutes or steps.

- Girls 6 to 17 – At least 11,000 steps a day
- Boys 6 to 17 – At least 13,000 steps a day
- Adults 18 or older – At least 8,500 steps a day

If you're just starting out, determine your average steps per day for one week. Then increase your steps by 500/day per week until you reach 8,500.

Active Lifestyle Log Example:

Week 1	Activities	# of Minutes or Pedometer Steps
Mon	Swimming, Cleaning House	40
Tues	Pedometer	9,000
Wed	Dance Lessons, Walk the Dog	75
Thurs	Pedometer	8,500
Fri	Softball	30
Sat	Bicycling	40
Sun	Hiking with Family	50
Participant Signature _____		Date _____

Step Rationale: The step counts were chosen by the PCPFS Science Board to encourage activity levels attainable by beginners but roughly equivalent to the standards for minutes in physical activity. A 10,000-step standard may be too much to expect of a beginner. Just as accumulating more than 30 minutes (60 minutes for youth) of activity a day has additional benefits, so does accumulating additional steps. You can visit the President's Challenge Web site for more information.

Step amounts for the PALA have been recommended by the PCPFS Science Board. For a list of Science Board members, please see page 23.



President's Challenge Pedometers
(Actual Size: Each is approximately 2" x 1 1/2")

We offer two different pedometers for both the Presidential Active Lifestyle Award and Presidential Champion Program.

The TrekLinq is our more advanced pedometer that will keep track of the number of steps in a day, distance, speed, time elapsed during exercise, calories, time of day, as well as archiving and scanning features. It features the President's Challenge logo on the cover, a spare battery, and a belt clip. This pedometer is great for older kids and adults.

The StepLinq is our basic pedometer that will keep track of the number of steps that you take in a day. It features the phrase Active Lifestyle on the outside, a recessed reset button, and a spring belt clip. This pedometer is great for younger kids.





The Active Lifestyle Activity Log

Participant Name _____ Date Started _____

Date Completed _____

Week 1	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 2	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 3	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 4	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 5	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Week 6	Activities	# of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
Participant Signature _____		Date _____

Verification

I certify that I have met the requirements of the Presidential Active Lifestyle Award.

☐ I have met my daily activity goal for at least 5 days each week.

☐ I have performed my physical activities for at least 6 weeks.

Participant Signature _____

Supervising Adult's Signature (if applicable) _____

Note: Submit this paper log to your teacher or group administrator, or keep for your own records. Please do not submit to the President's Challenge office. See inside back cover for award ordering information.

Active Lifestyle Model School

This is a free recognition program for schools. It's based on the results of the Active Lifestyle Program and is open to all schools with at least 50 students enrolled. To be eligible for the award, your school must have at least 35% of your total enrollment earn the Presidential Active Lifestyle Award two or more times during the school year.



MODEL SCHOOL 05-06

Entry Form — 2005-2006 Active Lifestyle Model School Award

Complete the following information.

Name of School _____

Address _____

City/State/Zip _____

E-mail _____ Web site _____

Type of School ☐ Elementary ☐ Jr. High ☐ Public ☐ Home
(Check all that apply) ☐ Middle ☐ Sr. High ☐ Private School

A. Total eligible enrollment (50 or greater): This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 1, 2006 or the last official day of school, if earlier.

A.	Boys	Girls	Total
Enter figures here			

B. Total number of students earning the PALA two or more times during the school year.

B.	Boys	Girls	Total
Enter figures here			

C. Percentage: Divide eligible enrollment (A) into the total number eligible (B) and enter the percentage here.

$$B/A \times 100 = \%$$

D. Verify that this percentage is equal to or greater than 35%. Check here ☐

C.
Enter total % here

Official certification must be completed in order to receive recognition

I certify that the students listed on this application properly qualified for the Presidential Active Lifestyle Award (PALA) the number of times indicated. These pupils either recorded their amount of physical activity per day or recorded their number of steps per day, five days per week, for a period of six weeks, and they met the criteria for this award two or more times during the school year.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Physical Education Teacher Phone _____

E-mail _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Active Lifestyle Award (PALA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Principal Phone _____

E-mail _____

The award

To thank you for your commitment to physical activity, Active Lifestyle Model Schools receive a school certificate of recognition as well as certificates of recognition and embroidered bars to be placed underneath the awards of all students who qualify. A list of Model Schools is kept on the President's Challenge Web site (www.presidentschallenge.org).

How to enter

We accept applications year round. However, in order to receive bars indicating the 2005-2006 school year, your application must be postmarked no later than **July 1, 2006**.

1. Complete your President's Challenge Active Lifestyle program for the school year.
2. Complete the enclosed application form for the Active Lifestyle Model School, including the Class Composite Record (on back) of students who qualify.
3. Once officially certified, return these forms to our office:

The President's Challenge

Attn: Model School Entries
501 N. Morton, Suite 203
Bloomington, IN 47404
Fax: (812) 855-8999

You can also apply online at
www.presidentschallenge.org.



The Presidential Champions Program



The Presidential Champions Program is for adults who are active more than 30 minutes a day/5 days per week (or more than 60 minutes a day for youth under 18). There's even a special track for athletes and others who train at more advanced levels. **You can only join the Presidential Champions Program online at www.presidentschallenge.org.** This is your life . . . be a champion.



Log on, sign up,
and score!

1. Choose an activity.

Select activities that you enjoy and make you feel good. For example, you could go running, walk the dog, or participate in martial arts. You can take the Challenge by yourself, or together with friends and family.

2. Get active.

Your goal is to see how many points you can earn by being active. You'll earn points for every activity you log. Points are based on the amount of energy each activity burns. So the more active you are, the more points you'll get.

3. Track your activity.

Our online activity log makes it easy for you to track the time you spend on activities. You can log your time as often as you want, in amounts as short as 5 minutes. You can go back up to 14 days to enter past activities.

4. Earn your award.

The Presidential Champions Program recognizes your accomplishments with special awards. The first goal to aim for is a Bronze award. Then you can keep going for a Silver, and Gold. For those seeking a new challenge, keep logging your activity and work your way toward the Platinum! Visit the Web site for details on this award level.

You'll find all the program details — including how many points are needed for each award level — online at www.presidentschallenge.org. The only thing left to do is to log on and sign up.

Creative President's Challenge Resources



CircusFit™

Get your classroom a movin' and a groovin' with CircusFit™, an all-new interactive national youth activity and fitness program from Ringling Bros. and Barnum & Bailey®! CircusFit encourages America's youth to lead healthy, active lifestyles by combining the fun of circus skills with stretching, strength building and aerobic activities, as well as an opportunity to participate in the President's Challenge. Created specifically for youth in second through fifth grades, CircusFit is a free online, customizable curriculum that is easy to implement. Uniquely inspired by the stars of The Greatest Show On Earth, CircusFit introduces youth to Ringling Bros. themed fitness, health and nutritional activities.

Create your own CircusFit adventure today and discover the FUNdamentals of fitness at www.CircusFit.com

GENERAL MILLS

Champions

Improving Youth Nutrition & Fitness

General Mills Champion Grants

General Mills Champions is a comprehensive program designed to instill good nutrition and fitness habits among our nation's youth, a long-term goal that continues the work of the program's three partners, which include the American Dietetic Association, General Mills, and the President's Council on Physical Fitness and Sports.

www.generalmills.com/corporate/commitment/champions.aspx

LIVE IT! STEP WITH IT • FIT IT IN.

LIVE IT!

The LIVE IT! program is a two-pronged approach to addressing health and wellness in our schools. LIVE IT! is designed to engage and educate middle school students on the importance of regular physical activity and healthy eating by providing activation and educational tools that will inspire them to begin and maintain a healthy and active lifestyle incorporating the President's Challenge.

For more information, please log on to www.liveitprogram.com.



Physical Activity & Fitness Research Digest

The President's Council wants you to know what the experts have to say about staying active. The *Physical Activity and Fitness Research Digest* is a quarterly publication that provides recent health and fitness research. Here you can find the latest scientific updates from the research of the President's Council on Physical Fitness and Sports. Two physical fitness monographs are available from Holcomb Hathaway Publishers.

www.hh-pub.com

www.presidentschallenge.org/misc/news_research/research_digest.aspx



ReCharge!/Action for Healthy Kids

ReCharge!, a program of Action for Healthy Kids and National Football League, is an innovative after-school program packed with activities that teach boys and girls, grades 3-6 the core concept of how "Energy in" (good nutrition) makes for "Energy out" (physical activity and the President's Challenge). ReCharge! is easy to use, contains 29 up-out-of-your-seat activities that reinforce the importance of nutrition, physical activity, teamwork and goal-setting. ReCharge! addresses National Education Standards, involves parents, and was developed with guidance from an expert national advisory committee.

www.actionforhealthykids.org



The Harlem Globetrotters

The Harlem Globetrotters are teaming up with the President's Challenge during the team's upcoming 2006 North American Tour to promote healthy and fit lifestyles through physical activity and character education. Entering their 80th consecutive season in 2006, the Globetrotters will be playing in nearly 200 cities and visiting over 200 elementary schools across the United States and Canada beginning in mid-December of 2005 through mid-April of 2006. The Globetrotters will encourage students to be physically active for at least 60 minutes every day and will encourage them to earn the Presidential Active Lifestyle Award.

For updated information, visit www.harlemglobetrotters.com and click on "President's Challenge."

The Physical Fitness Program

This program helps assess the current fitness level of youth ages 6–17, and offers awards to encourage them to stay active. This is your life ... be Presidential!

What it's all about...

The Physical Fitness Program includes five events that measure muscular strength/endurance, cardiorespiratory endurance, speed, agility, and flexibility. The program offers the three awards listed below.



The Presidential Physical Fitness Award

This award recognizes youth who achieve an outstanding level of physical fitness. Boys and girls who score at or above the 85th percentile of qualifying standards on all five events are eligible for this award.



The National Physical Fitness Award

This award is for those who score at or above the 50th percentile on all five events, but fall below the 85th percentile in one or more of the events. This demonstrates a basic, yet challenging, level of physical fitness.



The Participant Physical Fitness Award

Those whose scores fall below the 50th percentile on one or more events receive this award for taking part in the Physical Fitness Test.

Testing Guidelines

The PCPFS recommends fitness testing at least twice each year, in the fall and spring. It works best as part of a complete physical education program that supports testing with educational and motivational information.

Before conducting the President's Challenge, or any youth fitness test, you should review and take into consideration each individual's medical status to identify medical, orthopedic, or other health problems.

At the onset of testing, make sure everyone taking the test knows the correct techniques for each event, including proper pacing and running style. There is no limit to the number of tries an individual may have on each event.

The individual's age at the onset of testing should be used for comparison to the appropriate award standards, located on page 17. Qualifying standards are based on the 1985 School Population Fitness Survey, with appropriate modifications as referenced.

Accommodating Students with Disabilities

Students with disabilities or special needs have the right to an individualized physical fitness program. These students can and should be motivated to develop lifetime habits of appropriate physical activity and receive recognition for their achievements in physical fitness. Suggestions for accommodations that permit boys and girls with disabilities, ages 6–17, to be acknowledged for their achievement and to qualify for all President's Challenge awards are available from the NCPAD Web site (see below).

Teachers or fitness leaders may decide that other students without identified disabilities (e.g., asthma sufferers) also need accommodations in one or more of the test categories or awards. Making accommodations is consistent with the goal of providing motivation for life-long physical activity through physical fitness achievement. We rely on the professional in the field to accommodate those special young people.

Qualified instructors, using professional judgement, may choose to qualify students for higher award levels who do not reach President's Challenge standards on one or more of the test items in the awards program.

For more information on physical activity for those with disabilities, please visit the National Center for Physical Activity and Disability Web site at www.ncpad.org.

Fitness File

track your students

Fitness File: Free software to manage student testing

All it takes is three simple steps to keep track of your students' scores on the Health Fitness or Physical Fitness Tests.

1. Register as a Challenge Coordinator

- Entering records for students and instructors at your school
- Maintaining up-to-date student and instructor information
- Running fitness testing reports for your school

2. Upload Student and Instructor Information

- Input student information either manually or all at once

3. Inform Instructors

- Fitness File will send an e-mail to instructors notifying them how to log-in

Instructors conduct fitness tests and determine student awards. Each school can have as many instructors registered as necessary. An instructor's responsibilities include:

- Setting up the Physical Fitness or Health Fitness program
- Recording students' test scores
- Running fitness testing reports for your school
- Individualize reporting: add your professional comments to each student's Fitness File form

The President's Challenge Physical Fitness Program

Results for Stephanie S. Simon
Spring 2006
2006

Age	Age Group	Test Score	Test Score	Test Score
11	11-12	11-12	11-12	11-12
Cardio	11-12	11-12	11-12	11-12
Endurance	11-12	11-12	11-12	11-12
Strength	11-12	11-12	11-12	11-12
Flexibility	11-12	11-12	11-12	11-12
Balance	11-12	11-12	11-12	11-12
Coordination	11-12	11-12	11-12	11-12
Agility	11-12	11-12	11-12	11-12
Speed	11-12	11-12	11-12	11-12
Reaction Time	11-12	11-12	11-12	11-12

National Physical Fitness Award Winner

Excellent: This score indicates a student is in excellent physical condition. The student has achieved a score of 100% on all tests.

Good: This score indicates a student is in good physical condition. The student has achieved a score of 80% or higher on all tests.

Fair: This score indicates a student is in fair physical condition. The student has achieved a score of 60% or higher on all tests.

Needs Improvement: This score indicates a student needs improvement. The student has achieved a score of 40% or higher on all tests.

Example of a physical fitness report generated by Fitness File.

The image shows two overlapping screenshots of the Fitness File web application. The top screenshot displays the 'Log Your Activity' form, which includes fields for 'Enter Activity', 'Date of Activity', 'Type of Activity', 'Activity Level', and 'Time Length'. Below these fields is a progress bar indicating the user's progress towards a goal. The bottom screenshot shows the 'Fitness File' section, which provides a summary of the user's fitness data, including a 'Welcome, Admin!' message, a 'Keep track of how your students are doing' section, and a 'Let's get started' button.

To see how easy Fitness File can be to use, log on to www.presidentschallenge.org and follow the links to Fitness File. Students and parents will see exactly what scores were achieved on the test and the report will also include tips for improving fitness levels.

And as always, our free online support is available via e-mail at preschal@indiana.edu.

Fitness Events

1. Curl-ups (for testing only — not training)

Objective

To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."

Scoring

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 17 for qualifying standards.



OR 1a. Partial Curl-ups (for training and testing)

Objective

To measure abdominal strength/endurance by maximum number of curl-ups.

Testing

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are not held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner is behind the head with hands cupped under the student's head. The student being tested curls up, slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number established for the Presidential Physical Fitness Award.

Scoring

Record only those curl-ups done with proper form and in rhythm. See page 17 for qualifying standards.

Rationale

The partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replace the timed curl-ups because they are a better indicator of the strength and endurance of the abdominal muscles.



2. Shuttle Run

Objective

To measure speed and agility.

Testing

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2'x2'x4") behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block, and runs back across starting line.

Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 17 for qualifying standards.



3. Endurance Run/Walk

Objective

To measure heart/lung endurance by fastest time to cover a one-mile distance.

Testing

On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

Scoring

Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

Option for 6–7 year olds . . . 1/4 mile

Option for 8–9 year olds . . . 1/2 mile

Alternative distances for younger children are 1/4 mile for 6–7 year olds, and 1/2 mile for 8–9 year olds. The same objective and testing procedures are used as with the mile run. See page 17 for qualifying standards.

Rationale

Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile. However, some teachers find it easier to administer a shorter run, which does provide good information on cardiorespiratory endurance of young children.



Metric Track Conversion

Distance	400 meter track	440 yard track
1 mile	4 laps + 9 meters	4 laps
3/4 mile	3 laps + 6.75 meters	3 laps
1/2 mile	2 laps + 4.5 meters	2 laps
1/4 mile	1 lap + 2.25 meters	1 lap



4. Pull-ups

Objective

To measure upper body strength/endurance by maximum number of pull-ups completed.

Testing

Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.

Scoring

Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 17 for qualifying standards.

OR 4a. Right Angle Push-ups

Objective

To measure upper body strength/endurance by maximum number of push-ups completed.

Testing

The student lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her/his hand at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulder touches the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number established for the Presidential Physical Fitness Award.

Scoring

Record only those push-ups done with proper form and in rhythm. See page 17 for qualifying standards.

Rationale

The right angle push-ups are recommended for upper body strength/endurance testing because the student's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in children and youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.



OR 4b. Flexed-Arm Hang

Alternative to pull-ups or right angle push-ups for National and Participant Physical Fitness Awards. Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

Objective

To maintain flexed-arm hang position as long as possible.

Testing

Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

Scoring

Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 17 for qualifying standards.



5. V-Sit Reach

Objective

To measure flexibility of lower back and hamstrings.

Testing

A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8–12 inches apart. Student clasps thumbs so that hands are together, palms down, and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

Scoring

Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 17 for qualifying standards.

OR 5a. Sit and Reach

Objective

To measure flexibility of lower back and hamstrings.

Testing

A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available on the Web site or by contacting the President's Challenge office.) Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

Scoring

Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 17 for qualifying standards.

Qualifying Standards

The Presidential Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 85th percentile in all 5 events represented below. These standards are based on the 1985 School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options** (min:sec)	Options** (min:sec)	Pull-Ups (#)	Rt. Angle Push-Ups (#)
			50				50	1/4 mile	1/2 mile		50
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18
	10	45	35	10.3	+4.0	30	7:57			6	22
	11	47	43	10.0	+4.0	31	7:32			6	27
	12	50	64	9.8	+4.0	31	7:11			7	31
	13	53	59	9.5	+3.5	33	6:50			7	39
	14	56	62	9.1	+4.5	36	6:26			10	40
	15	57	75	9.0	+5.0	37	6:20			11	42
GIRLS	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18
	10	40	33	10.8	+6.0	33	9:19			3	20
	11	42	43	10.5	+6.5	34	9:02			3	19
	12	45	50	10.4	+7.0	36	8:23			2	20
	13	46	59	10.2	+7.0	38	8:13			2	21
	14	47	48	10.1	+8.0	40	7:59			2	20
	15	48	38	10.0	+8.0	43	8:08			2	20
	16	45	49	10.1	+9.0	42	8:23			1	24
	17	44	58	10.0	+8.0	42	8:15			1	25

The National Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 50th percentile in all 5 events represented below. These standards are based on the 1985 School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options** (min:sec)	Options** (min:sec)	Pull-Ups (#)	Rt. Angle Push-Ups (#)	Flexed- Arm Hang (sec)
			50				50	1/4 mile	1/2 mile		50	
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	20	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	45	9.7	+2.0	30	7:30			6	30	30
GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	10	30	24	12.1	+3.0	28	11:22			1	13	8
	11	32	27	11.5	+3.0	29	11:17			1	11	7
	12	35	30	11.3	+3.5	30	11:05			1	10	7
	13	37	40	11.1	+3.5	31	10:23			1	11	8
	14	37	30	11.2	+4.5	33	10:06			1	10	9
	15	36	26	11.0	+5.0	36	9:58			1	15	7
	16	35	26	10.9	+5.5	34	10:31			1	12	7
	17	34	40	11.0	+4.5	35	10:22			1	16	7

*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. **Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

The Participant Physical Fitness Award

Those who attempt all five events, but have one or more scores fall below the 50th percentile (see chart above) are eligible for the Participant Award.

To see more specific percentiles for these test events, you can also download the President's Challenge Normative Data Spreadsheet at www.presidentschallenge.org. Click on "Teachers" and choose the "download" option.

Physical Activity and Fitness Demonstration Centers

A Demonstration Center school is one that clearly emphasizes physical activity and fitness in its physical education program.

It can be any elementary or secondary school whose students:

- Are active at least 60 minutes a day, in or out of school
- Receive instruction on the importance of physical activity and fitness
- Learn to be active in safe and healthy ways
- Learn a variety of skills that can help them stay active for a lifetime

Why be a Demonstration Center?

Demonstration Center schools serve as role models that welcome observation by teachers, administrators, and community members who are interested in improved physical education instruction. Your Demonstration Center school would be a valuable resource to your community!

How do schools qualify as Demonstration Centers?

If you feel your school is eligible to become a Demonstration Center, you can download an application form online at www.presidentschallenge.org. You'll find all the information you need to qualify and contact information for the state coordinator in your area. All signatures must be obtained in order to qualify.



How are Demonstration Centers recognized?

The President's Council on Physical Fitness and Sports works with the State Coordinator and/or the State Department of Education to certify that the school meets Demonstration Center criteria. Once confirmed, the President's Council awards a certificate and flag for each Demonstration Center at the time of certification. The chair of the President's Council will also send a letter of congratulations to the school principal soon after the school is certified.

We also maintain a list of Demonstration Centers on the President's Challenge Web site and recommend that others visit these schools.

What is an Honor Roll school?

To give as many schools an opportunity to qualify as possible, a school may serve as a Demonstration Center for no more than three years. But that shouldn't mean an end to quality school physical activity and fitness programs.

Schools that have served as Demonstration Centers for three years and still meet Council and state criteria may be recommended for the PCPFS Honor Roll. The State Coordinator makes the recommendation for honor roll status. These schools will receive a special certificate signifying their tenure and be listed as honor roll schools on the President's Challenge Web site.

Physical Fitness State Champion



Entry Form — 2005–2006 State Champion Physical Fitness Award

Complete the following information:

Name of School _____

Address _____

City/State/Zip _____

E-mail _____ Web site _____

Type of School ☐ Elementary ☐ Jr. High ☐ Public ☐ Home
(Check all that apply) ☐ Middle ☐ Sr. High ☐ Private School

Deadline:

Entries must be postmarked by July 1, 2006. No entries will be processed after this deadline.

A. Total eligible enrollment. This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 9, 2006 or the last official day of school, if earlier.

*This includes any 6 year olds in kindergarten.

B. Total number qualifying for Presidential Award: Number of pupils qualifying for the Presidential Physical Fitness Award during the 2005–2006 school year.

C. Percentage: Divide total eligible enrollment figure (A) into Total Number Qualifying (B)

$$B/A \times 100 = \%$$

Category

Circle one

I II III
Boys Girls Total

A.

--	--	--

Enter figures here

B.

--	--	--

Enter figures here

C.

--

Enter total % here

Official certification must be completed to enter the competition

I certify that the pupils qualifying were tested in strict adherence to The President's Challenge physical fitness test and did score at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms were used to qualify girls. I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

Physical Education Teacher Name _____

Physical Education Teacher Signature _____

Date _____

Physical Education Teacher Phone _____

E-mail _____

I hereby certify that the enrollment figure and number of students qualifying for the Presidential Physical Fitness Award (PPFA) is correct.

Principal Name _____

Principal Signature _____

Date _____

Principal Phone _____

E-mail _____

The award

The winning school in each category receives a distinctive award certificate and recognition on the President's Challenge Web site. Students at each school who earn the Presidential Physical Fitness Award will receive an additional embroidered emblem rocker and a certificate of recognition. These awards are provided free of charge.

Each year, we present three schools in each state with the State Champion Award. Each school must have the highest percentage of its students qualify for the Presidential Physical Fitness Award in its school enrollment category:

Category 1. Schools with 50–200 students enrolled

Category 2. Schools with 201–500 students enrolled

Category 3. Schools with over 500 students enrolled

How to enter

To be considered for the 2005–2006 school year award, entries must be postmarked no later than July 1, 2006.

1. Complete your President's Challenge testing for the 2005–2006 school year.
2. Complete the enclosed entry form.
3. Return the entry form to:

The President's Challenge

Attn: State Champion Entries
501 N. Morton, Suite 203
Bloomington, IN 47404
Fax: 812-855-8999

You can also apply online at www.presidentschallenge.org.

Notification

All schools entering the State Champion program will be notified on October 1. We will also notify your state governor and Congress members.





The Health Fitness Award



This program recognizes students who achieve a healthy level of fitness. It also offers schools an alternative to the traditional Physical Fitness Program. An active lifestyle helps you attain a good BMI ratio.

Youth can earn the Health Fitness Award by meeting the qualifying standards in each of five events: partial curl-ups, one-mile run/walk, V-sit or sit and reach, right angle push-ups or pull-ups, and Body Mass Index (BMI).

A BMI calculator can be found on the President's Challenge Web site at www.presidentschallenge.org/tools_to_help/bmi.aspx.

Health Fitness Test Items

For use when qualifying students for the Health Fitness Award. Use criterion referenced standards listed on this page.

1. Partial Curl-ups (page 13)
2. Endurance Run/Walk with distance option (page 14)
3. V-Sit Reach or Sit and Reach option (page 16)
4. Right Angle Push-ups or Pull-ups option (page 15)
5. Body Mass Index (BMI)

Objective: To estimate body composition

Rationale: Body composition is an important component of physical fitness. Body Mass Index is one method to estimate this fitness component.

Testing: Determine total body weight (kilograms) and height (meters). Use table on Web site to convert to BMI, or use formula:

$$Wt (kg) / Ht (m)^2$$

$$Wt [2.2 lbs=1 kg] \quad Ht [1 inch=0.0254m]$$

Example: A 16 year-old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

$$\frac{70 \text{ kg}}{(1.727m)^2} = \frac{70}{2.98} = 23.5 \text{ kg/m}^2$$

Based on the BMI range for a 16 year-old boy listed in the table below; a BMI index of 23.5 puts this boy in the desirable range.

Health Fitness Award Standards

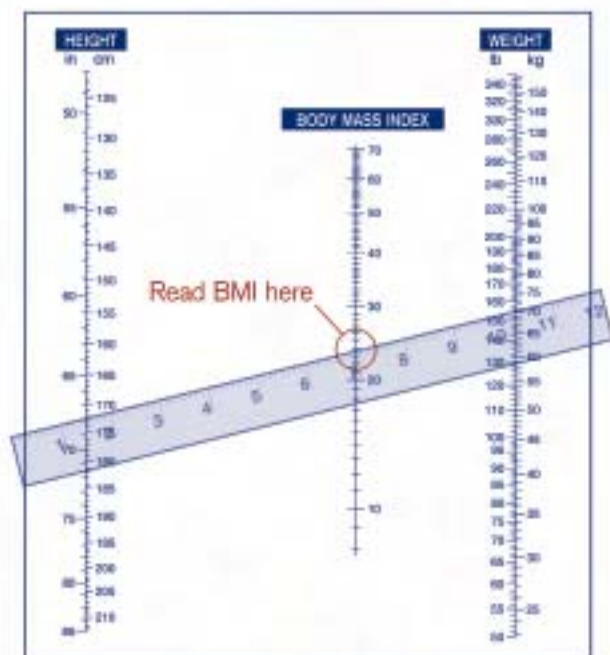
	Age	Partial Curl-Ups (#)	One-Mile Run (min:sec)	Distance Option (min:sec)		V-Sit Reach (inches)	Sit and Reach (centimeters)	Rt. Angle Push-Ups (#)	Pull-Ups (#)	BMI (range)
				OR 1/4 mile	1/2 mile		OR		OR	
BOYS	6	12	13:00	2:30		1	21	3	1	13.3-19.5
	7	12	12:00	2:20		1	21	4	1	13.3-19.5
	8	15	11:00		4:45	1	21	5	1	13.4-20.5
	9	15	10:00		4:35	1	21	6	1	13.7-21.4
	10	20	9:30			1	21	7	1	14.0-22.5
	11	20	9:00			1	21	8	2	14.0-23.7
	12	20	9:00			1	21	9	2	14.8-24.1
	13	25	8:00			1	21	10	2	15.4-24.7
	14	25	8:00			1	21	12	3	16.1-25.4
	15	30	7:30			1	21	14	4	16.6-26.4
	16	30	7:30			1	21	16	5	17.2-26.8
GIRLS	17	30	7:30			1	21	18	6	17.7-27.5
	6	12	13:00	2:50		2	23	3	1	13.1-19.6
	7	12	12:00	2:40		2	23	4	1	13.1-19.6
	8	15	11:00		5:35	2	23	5	1	13.2-20.7
	9	15	10:00		5:25	2	23	6	1	13.5-21.4
	10	20	10:00			2	23	7	1	13.8-22.5
	11	20	10:00			2	23	7	1	14.1-23.2
	12	20	10:30			2	23	8	1	14.7-24.2
	13	25	10:30			3	25	7	1	15.5-25.3
	14	25	10:30			3	25	7	1	16.2-25.3
	15	30	10:00			3	25	7	1	16.6-26.5
	16	30	10:00			3	25	7	1	16.8-26.5
	17	30	10:00			3	25	7	1	17.1-26.8

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research; Fitnessgram; Corbin, C. & Lindsey, R., Fitness for Life, 4th edition; and YMCA Youth Fitness Test.

Calculate Body Mass Index

Use the chart below or our online BMI calculator at www.presidentschallenge.org, to determine if the individual's BMI falls within the recommended range. BMI results should only be used as a screening test. Children's growth patterns vary greatly and may produce BMI ratios that are misleading. Any BMI score falling outside of the recommended range requires further examination to decide if it poses a health risk.

An active lifestyle helps in maintaining a healthy BMI.



Modified with permission from David C. Nieman, *Fitness and Sports Medicine: A Health-Related Approach*, (3rd edition), Bull Publishing Co., Palo Alto, CA, 1995.



Allie likes to dance after school. Be active... and have fun. From team sports to resistance training, there are many options for staying active.



Professional Recognition and Guidance

Honor Award

The PCPFS Honor Award is given annually to an individual who has made a major contribution to the advancement and promotion of the science of physical activity, in addition to being an advocate of the mission of the PCPFS.

2003

Charles Corbin, Ph.D.
Don Franks, Ph.D.
Robert Pangrazi, Ph.D.

Margaret Jo Safrit, Ph.D.
Wynn F. Updyke, Ph.D.

2004

Steven N. Blair, Ph.D.

2005

Timothy G. Lohman, Ph.D.

To nominate someone for the PCPFS Honor Award, and for additional information about the award, see www.presidentschallenge.org or www.fitness.gov.

Science Board

The President's Council on Physical Fitness and Sports (PCPFS) Science Board is made up of the foremost educators and researchers in the fields of exercise physiology, kinesiology, and health promotion. The purpose of this board is to help advise the PCPFS as requested to ensure scientifically sound programs and to promote a message consistent with the executive mandate of the President's Council on Physical Fitness and Sports. The Science Board serves in a voluntary capacity in order to bring the latest science to the general population in lay language.

James Morrow, Ph.D., Chair (2006)
Ed Howley, Ph.D., Chair Elect (2006)

Members

Doris Corbett, Ph.D.
Charles Corbin, Ph.D., Past Chair (2004)
Robert Karch, Ed.D.
Amelia Lee, Ph.D.
Robert Pangrazi, Ph.D.
Russell Pate, Ph.D.
Margaret Safrit, Ph.D.
Deborah Young, Ph.D.
Tedd Mitchell, M.D. (PCPFS Member Liaison)

Special thanks to Charles Corbin, Robert Pangrazi, Don Franks, and Deborah Young for serving as co-editors of PCPFS *Research Digest*.



Awards

The President's Challenge not only helps you stay active — it also gives you a little extra motivation while you're at it. That's because you can earn special Presidential awards recognizing your accomplishments.

Presidential Active Lifestyle Award

Presidential Active Lifestyle Award (PALA)

For anyone who meets their daily activity goal 5 days per week for 6 weeks as part of the Active Lifestyle program. You'll also receive five eagle stickers; each time you complete the program, you can apply one to your certificate.



Presidential Active Lifestyle Award Certificate
(Actual Size: 8" x 10")



Presidential Active Lifestyle Award Emblem
(Actual Size: About 3" square)



Presidential Active Lifestyle Award Lapel Pin
(Actual Size: About 3/4" diameter)



Strip of Stickers
For Presidential Active Lifestyle Award Certificates



Bumper Sticker
(Actual Size: 3' x 12')

Presidential Active Lifestyle Set

Complete award set includes one of each: Emblem, Certificate, and Strip of Stickers

Presidential Champions Awards

Presidential Champions Gold Award

For anyone who earns 80,000 points in the Presidential Champions Program.

Presidential Champions Silver Award

For anyone who earns 45,000 points in the Presidential Champions Program.

Presidential Champions Bronze Award

For anyone who earns 20,000 points in the Presidential Champions Program.



Presidential Champions Medallions
(Gold, Silver, Bronze)

(Actual Size: About 2 1/4" diameter)



Presidential Champions Lapel Pins
(Gold, Silver, Bronze)

(Actual Size: About 1 1/4" diameter)



Presidential Champions Ribbons
(Gold, Silver, Bronze)

(Actual Size: 2" x 7 1/2")



Presidential Champions Certificates
(Gold, Silver, Bronze)

(Actual Size: 8" x 10")

Presidential Champions Set

Complete award set includes one of each: Medallion, Lapel Pin, Ribbon, and Certificate (Silver, Gold, Bronze)



Additional Items



Get Fit! Handbook for Youth
Ages 6-17

(Actual Size: 5 1/2" x 8 1/2")

COMING SOON!
A Get Fit! Handbook for Adults



Physical Fitness Slide Chart for the Physical Fitness and
Health Fitness Programs

(Actual Size: 4" x 9")



President's Challenge Notebook

Royal with black L-curve trim,
white President's Challenge logo and
Web site. Includes pad of paper.
(Actual size: 8 3/4" x 6 1/2")

Physical Fitness Program Awards

The Presidential Physical Fitness Award

For youth who reach at least the 85th percentile on all five events of the Physical Fitness Test.

The National Physical Fitness Award

For youth who reach at least the 50th percentile on all five events of the Physical Fitness Test.

The Participant Physical Fitness Award

For youth whose scores fall below the 50th percentile on one or more events of the Physical Fitness Test.



Presidential Physical Fitness Award Emblem + Magnet
(Actual Size: About 3" diameter)



National Physical Fitness Award Emblem + Magnet
(Actual Size: About 3" diameter)



Participant Physical Fitness Award Emblem + Magnet
(Actual Size: About 2 1/2" diameter)



I am the Proud Parent of a
National Physical Fitness
Award Winner



Bumper Stickers
(Actual Size: 3" x 12")



I am the Proud Parent of a
Presidential Physical Fitness
Award Winner



Presidential Physical Fitness Certificate
(Actual Size: 8" x 10")



National Physical Fitness Certificate
(Actual Size: 8" x 10")



Participant Physical Fitness Certificate
(Actual Size: 8" x 10")

Health Fitness Award

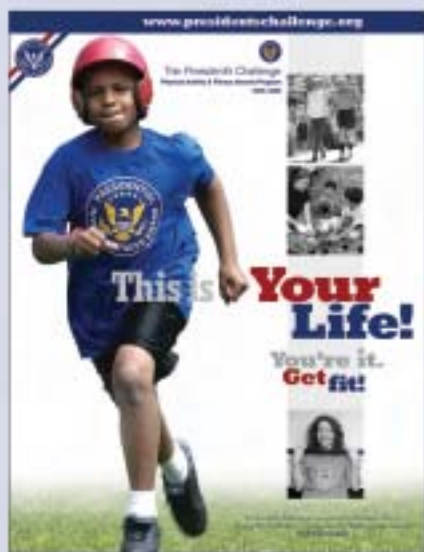
For youth who meet the qualifying standards on all five events of the Health Fitness Test.



Health Fitness Award Certificate
(Actual Size: 8" x 10")



Health Fitness Award Emblem
(Actual Size: About 3" diameter)



2005-2008 Poster
(Actual Size: 17" x 22")

The chart displays qualifying standards for three award levels: Presidential Physical Fitness Award, National Physical Fitness Award, and Participant Physical Fitness Award. It includes columns for age groups (5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18) and five test events: Push-ups, Sit-ups, Shuttle Run, 1-Mile Run/Walk, and 1-Mile Jog/Run. Standards are provided for both boys and girls.

Awards Wall Chart for the Physical Fitness and Health Fitness Programs
(Actual Size: 16 1/2" x 22 1/2")



Instructor's Emblem
For those who administer the
President's Challenge Program.
(Actual Size: About 3 1/4" diameter)



Award T-Shirts



Presidential Champions T-Shirts

White or grey with silk-screened logo on chest (Gold, Silver, Bronze)

Youth: Medium-Large or
Adult: Small-XX-Large

NOTE: All t-shirts are 100% preshrunk cotton.
President's Challenge shirts are all 5.6 oz.
Presidential Champions shirts are: Bronze 5.6 oz.;
Silver and Gold 6.1 oz.

Size Chart	S	M	L	XL	XXL
Men's	34-36	38-40	42-44	46-48	50
Women's (Bust)	34-36	38-40	42-44	N/A	N/A
Women's (Blouse Size)	8-12	14-16	18-20	N/A	N/A
Youth	N/A	10-12	14-16	N/A	N/A



Presidential Lifestyle Award T-Shirt

Oxford grey with silk-screened logo on chest.

Youth: Medium-Large
or Adult: Small-XX-Large

Buy to Wear and Promote President's



www.presidentschallenge.org

President's Challenge Polo Shirt

As seen in the President's Challenge DVD.

Navy blue with white trim, embroidered three-color President's Challenge logo. Web address below collar on back.

Adult: Small-XX-Large



National Physical Fitness Award T-Shirt
Red with silk-screened logo on chest.
Youth: Medium-Large
Adult: Small-XX-Large



Presidential Physical Fitness Award T-Shirt
Royal blue with silk-screened logo on chest.
Youth: Medium-Large
Adult: Small-XX-Large



Participant Physical Fitness Award T-Shirt
White with silk-screened logo on chest.
Youth: Medium-Large
Adult: Small-XX-Large



Health Fitness Award T-Shirt
Navy blue with silk-screened logo on chest.
Youth: Medium-Large
Adult: Small-XX-Large

Challenge at Your School or Organization



President's Challenge Short-Sleeve T-Shirt

A list of physical activities makes up the U.S. map in background.
White with silk-screened messages on front and back.
Adult: Small-XX-Large



President's Challenge Long-Sleeve T-Shirt

Navy with silk-screened message on front.
Adult: Small-XX-Large

The President's Challenge Order Form 2005-2006

Ship to:

Name (Required) _____

School/Organization _____

Address _____
(Sorry, no P.O. boxes)

City _____

State _____ ZIP Code _____

E-mail _____

Phone Number (____) _____

☐ Check if you would like to be added to our e-mail list

Billing Address (if different than above):

Name (Required) _____

School/Organization _____

Address _____
(Sorry, no P.O. boxes)

City _____

State _____ ZIP Code _____

Phone Number (____) _____

☐ Check/Money Order

+ _____

☐ Bill us (institutional purchase orders only)☐ Card # _____

Exp. Date: ____/____/____ Security Code _____

P.O. # _____

Signature _____

Please fill out the section below.

(To help us expedite your order, please fill out completely.)

1) School: ☐ Elementary ☐ Middle ☐ Jr. High ☐ Sr. High
☐ Home School ☐ Not a school (skip to question 5)2) How is your school or agency classified? ☐ Public ☐ Private

3) What is your school's approximate enrollment? _____

4) Does your school district require you to use the President's Challenge Program? ☐ Yes ☐ No

5) How many youth participated? Males _____ Females _____

6) How many qualified for each award?

PALA Presidential National Participant HFA

Male _____

Female _____

7) How many students with disabilities participated? _____

How many students with disabilities qualified for each award?

PALA Presidential National Participant HFA

8) How did you learn about the program? (Please check ONE)

(a) Direct Mail ☐ (b) Contact by Phone ☐(c) Media: TV ☐ Newspaper ☐ Magazine ☐(d) National Convention ☐ (e) Fellow teacher/administrator ☐(f) Professional Association ☐ (g) World Wide Web ☐(h) Other ☐ _____9) Are you a previous user? ☐ Yes ☐ No

If yes, how many years? _____

This form may be photocopied.

Mail this completed form to:

The President's Challenge, 501 N. Morton, Suite 203,

Bloomington, IN 47404 or fax to 1-812-855-8999

Phone: 1-800-258-8146

Awards				Code	Quantity	Unit Price	Amount
PALA Set (emblem, certificate, stickers)				100		1.75	
PALA Certificate				110		.50	
PALA Stickers				120		.30	
PALA Bumper Sticker				130		.25	
PALA Lapel Pin				150		3.00	
TrekLink Pedometer				140		15.00	
StepLink Pedometer				141		12.00	
Presidential Champions Medalion	Bronze (202)	Silver (201)	Gold (200)	202		Bronze 5.00	
				201		Silver 5.50	
				200		Gold 6.00	
Presidential Champions Lapel Pin	Bronze (212)	Silver (211)	Gold (210)	212		Bronze 2.50	
				211		Silver 2.75	
				210		Gold 3.00	
Presidential Champions Ribbon	Bronze (222)	Silver (221)	Gold (220)	222		Bronze 0.80	
				221		Silver 0.85	
				220		Gold 1.00	
Presidential Champions Certificate	Bronze (232)	Silver (231)	Gold (230)	232		Bronze 0.60	
				231		Silver 0.65	
				230		Gold 0.75	
Presidential Champions Set	Bronze (242)	Silver (241)	Gold (240)	242		Bronze 8.00	
				241		Silver 8.50	
				240		Gold 9.00	
Presidential Emblems:				001		1st 1.50	
1st Year (001)	5th Year (005)	9th Year (009)	No Numeral (013)	002		2nd 1.50	
2nd Year (002)	6th Year (006)	10th Year (010)		003		3rd 1.50	
3rd Year (003)	7th Year (007)	11th Year (011)		004		4th 1.50	
4th Year (004)	8th Year (008)	12th Year (012)		005		5th 1.50	
				006		6th 1.50	
				007		7th 1.50	
				008		8th 1.50	
				009		9th 1.50	
				010		10th 1.50	
				011		11th 1.50	
				012		12th 1.50	
				013		No # 1.50	
				015		.50	
Presidential Award Certificate				020		1.25	
National Emblem				021		.25	
National Award Certificate				022		.75	
Participant Emblem				023		.25	
Participant Certificate				041		.75	
Presidential Magnet				042		.75	
National Magnet				046		.50	
Participant Magnet				043		.25	
Presidential Bumper Sticker				044		.25	
National Bumper Sticker				024		1.25	
Health Fitness Awards: Health Fitness Emblem				025		.25	
Health Fitness Certificate				040		1.75	
President's Challenge Instructor Emblem				045		3.00	
Slide Chart				050		1.00	
2005-2006 Poster (17" x 22")				051		1.00	
Awards Wall Chart (16 1/2" x 22 1/2")				060		1.25	
Get Fit! Handbook (Qty of 1-99)				061		1.00	
Get Fit! Handbook (Qty of 100+)				097		8.95	
President's Challenge Notebook				300			(See note at left) Free
President's Challenge DVD (Although the DVD is free, please add \$5.00 shipping and handling for each DVD requested.)							

Award Shirts	Color	S	M	L	XL	2XL	Code	Quantity	1-11	12-23	24-143	144+
Adult PALA	Grey						065		8.50	7.75	7.25	6.90
Youth PALA	Grey						066		7.95	6.60	6.10	5.75
Adult Presidential Award	Blue						070		8.50	7.75	7.25	6.90
Youth Presidential Award	Blue						071		7.95	6.60	6.10	5.75
Adult National Award	Red						072		8.50	7.75	7.25	6.90
Youth National Award	Red						073		7.95	6.60	6.10	5.75
Adult Participant Award	White						074		8.50	7.75	7.25	6.90
Youth Participant Award	White						075		7.95	6.60	6.10	5.75
Adult Health Fitness	Navy						080		8.50	7.75	7.25	6.90
Youth Health Fitness	Navy						081		7.95	6.60	6.10	5.75
Instructor - Short Sleeve	White						090		9.95	9.25	8.75	8.50
Instructor - Long Sleeve	Navy						091		11.50	10.95	10.50	9.95
Polo Shirt	Blue						096		29.95	29.95	29.95	29.95
Presidential Champions:												
Adult Gold	Gold						250		8.50	7.75	7.25	6.90
Youth Gold	Gold						251		7.95	6.60	6.10	5.75
Adult Silver	Silver						260		8.50	7.75	7.25	6.90
Youth Silver	Silver						261		7.95	6.60	6.10	5.75
Adult Bronze	Bronze						270		8.50	7.75	7.25	6.90
Youth Bronze	Bronze						271		7.95	6.60	6.10	5.75

Shipping & Handling

(Foreign orders must be prepaid in U.S. currency.)

Less than \$1000 \$4.00

\$1000-\$2499 \$5.00

\$2500-\$4999 \$6.00

\$5000-\$9999 \$7.00

\$100 or more 8% of subtotal

Rush Charge (25% of Sub-Total or \$25.00 whichever is greater) +
Shipping & Handling (please add \$5 for each DVD requested) =

GRAND TOTAL

Please allow 18 days from receipt of your order at our program office for delivery of your awards.